

Life Sharing – Behavioral Interventions

Behavioral Support Strategies

Life Sharing Providers are expected to interact with the people they support in respectful ways that support their rights, safety, and dignity. This caring relationship forms the basis for positive and appropriate behavior. Always strive to assist individuals to develop self-control, self-confidence, self-discipline, and sensitivity to their interactions with others.

Redirection should be a positive learning experience that teaches the individual to control and correct their own behavior. It can include natural consequences, praise, encouragement, modeling, setting limits and providing counseling. It must not include punishments such as spanking or removal of basic rights such as food or privacy. Positive and preventative strategies that help establish a positive atmosphere can maximize the opportunities for appropriate behavior. For example:

- Establishing clear and consistent expectations and explaining them in a simple, straightforward way
- Stating limits in a positive way
- Focusing on the behavior, not the person
- Stating what is expected instead of asking questions
- Giving time for someone to respond to change
- Reinforcing appropriate behavior with words and gestures
- Ignoring minor incidents
- Observing and anticipating
- Communicating in the person's chosen style – verbal, pic, etc.

Behavioral Support Plans and Safety Plans

Some individuals whose behavior is challenging to the point where it seriously interferes with learning, daily activities, and participation in community activities or is critical or unsafe placing people or the individual in jeopardy, require a Behavior Support Plan. An accompanying Safety Plan will be included if the behavior places the individual or others in jeopardy.

Behavior Support

Behavioral Support is a systematic and planned approach to prevent or reduce challenging behaviors and enhance quality of life for a person. Behavior support is a set of function-based strategies that combine the science of behavior, information about physical and mental health, and person-centered values. Behavior support planning focuses on proactive, positive strategies. The goal is to positively address socially significant behaviors and skills in a way that will benefit the individual and all the people within their social network.

Safety Plan

A Safety Plan is an individualized, written document designed to support providers and others to respond to and de-escalate unsafe behavior and protect the individual and/or others from harm. Unsafe behavior is behavior that is of such intensity, frequency, or duration that the physical safety of the person or those nearby is put at risk. A Safety Plan may **only** be developed in conjunction with a Behavior Support Plan. It is a companion document focused specifically on addressing unsafe behaviors in the context of an overall behavioral approach to improving quality of life. A Safety Plan is a serious further step with additional approval and review requirements.

The strategies in a Safety Plan are designed only to de-escalate unsafe situations and reduce the risk of harm. A Safety Plan includes **restricted practices** (defined in the CLBC *Behavior Support & Safety Planning - A Guide for Service Providers*) and requires certain written authorizations. A Safety Plan can only be developed with the support of a qualified Behavioral Consultant.

As a provider, it is essential that you understand both your role in implementing any behavior support or safety plans that are in place for the individual in your care. You must follow the guidance of the CLBC Behavior Support & Safety Planning - A Guide for Service Providers

Prohibited Practice

Prohibited practices can **never** be used as behavioral techniques, even in an emergency.

Prohibited practices include:

- Physical or corporal punishment, such as punching, slapping, pulling hair, spraying with water or using excessive physical force
- Punishment, ridicule, neglect, humiliation or retaliation, such as swearing, yelling, demeaning attitude, or name-calling
- Electric shock, including electric prods or Tasers
- Use of noxious substances (i.e. Tabasco Sauce, lemon juice, detergent or pepper)
- Misuse or overuse of a drug for a non-therapeutic or non-medical effect
- Use of a psychotropic drug without medical authorization
- Leaving a person unattended when in any form of approved restraint
- Ongoing removal of personal belongings from a person's environment
- Seclusion i.e. the separation of an individual from normal participation and inclusion, in an involuntary manner. The person is restricted to a segregated area, denied the freedom to leave it and be left alone.

As a Life Sharing Provider, you are expected to take all necessary steps to ensure that these prohibited practices are never used.

If an incident involving a prohibited practice occurs, ensure it stops immediately and ensure that the person is safe. Report it immediately as a Critical Incident.